**Activity sheet 2a – Underlying causes**

**Activity**

When we understand what the person is trying to tell us through behaviour that is hard to understand, it’s much easier to respond. Think about the possible messages that are being communicated by the people with dementia in the following examples.

**See if you can link each situation with its possible message** *(clue, there may be more than one cause for a situation):*

a. “I’m so embarrassed. I need you to be tactful and kind”

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Your responses |  |  |  |  |
| **Situation** | **1** | **2** | **3** | **4** |
| **Possible message** | **a, b** | **c, d** | **f** | **b, e** |

c. “I'm too hot wrapped up in this quilt and my mouth is so dry”

e. “My joints are really sore today, can we go slowly”?

d. “I'm really frightened, will you sit with me? Can you ring the priest? Did you know I’m Catholic”?

1. Joyce has soiled herself but she hits out at the carer who comes to help her

2. Marie is bed bound and not eating or drinking when you go into the room she makes strange moaning sound. You are doing your best to keep her comfortable

3. In the dining room, a number of people are talking loudly and there is music playing. Alan begins banging the table and screaming

4. Kim kicks and spits at the carer who is helping her to get dressed

b. “I don’t know who you are, I don’t understand what you’re doing to me and I don’t know why you’re not letting me do anything for myself”

f. “I find it hard enough to think straight anyway, I can’t bear all this noise”